

July 29, 1999

Daniel C. Carey
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1867 '99 SEP -9 10:22
1617 '99 AUG 10 10:05

Jane Henney, M.D.
Commissioner
Food and Drug Administration
5600 Fishers Lane, Room 1471
Rockvale, MD 20857

Dear Dr. Henney,

I have been apprised of an effort to have saw palmetto extract, psyllium seed husks, vitamin E, B6, B12, and folic acid approved by the FDA in making claims for prevention of certain physical disorders: benign prostatic hyperplasia in the first nutrient listed and cardiovascular disease in the remainder. Since the four specific claims utilize the word "may" rather than "will" it seems reasonable to me that it should be allowable for the claims to be printed on bottles of dietary supplements. It also is my understanding that there have been many research studies attesting to the value of these substances in their respective applications.

During my working years I was not involved in any form of health care practice, but I have had personal experience with all of the above-listed supplements and have not suffered any deleterious effects. In fact, I've used saw palmetto for over six years and started taking vitamin E in 1971. Psyllium seed husks have been helpful in adhering to a reduced-carbohydrate eating pattern, because of their high fiber content. I honestly believe that supplementing with these and other nutrients has helped me to maintain decent health over the years and to avoid the necessity of taking prescription drugs, as many of my peers are obliged to do for various ailments.

Very truly yours,

Daniel C. Carey

99P-3029

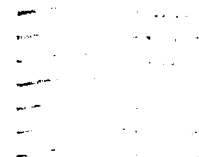
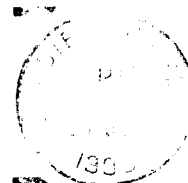
C/02

CROSS FILE SHEET

File Number: 99P-3029/C102

See File Number: 99P-3030/C102

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